



Bataan Memorial Death March

Ryan Quaale, left, and Ethan Holt, right, stop at the 13-mile point of the Bataan Memorial Death March to change into fresh socks and have their feet checked. They were part of a 5-man team from Air Force Research Laboratories to participate in the 26.2-mile race, March 21 at White Sands Missile Range. The team consisting of Quaale, Holt, Mike Warner, Drew Goettler and Mark Scherbarth placed fourth in the Military Male heavy division.

Photo by Capt. Mike Warner

SPORTS

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CLASSES

Two personal trainers are on-call at the East Fitness Center. James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer. Fee for consultations is \$25 an hour. Call 846-1102.

Join the Saturday Yoga Class at 11 a.m. The focus is more on down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises. Call 846-1102.

Water aerobics is open on a pay-by-the-day or pool pass basis at no additional charge. Classes are **Mondays, Wednesdays** and **Fridays**, 10-11 a.m., and 11a.m.-noon; and **Mondays** and **Wednesdays**, 5:30-6:30 p.m.

CLUBS

Interested intramural golf players meeting, 10 a.m., today, Rio Grande Community Center. We will discuss cost, schedule

and by laws. If you have any questions, call 846-1102.

The Kirtland Olympic pool offers a Masters Swim Team run by the Kirtland Aquatics Club. A great opportunity to get into shape and swim competitively, if desired. Call 271-9586.

The Kirtland Close Quarters Combat Club meets Tuesdays and Fridays at the Rio Grande Community Center (across the street from the East gym) at 11 a.m.-noon to work on personal combat skills. There is no charge and all adult Kirtland personnel are welcome to attend. Previous experience in a combat art or

sport is welcome, but not necessary. Contact Dr. Sean Ross, 846-9148, for more information.

Register now at the Youth Center for Tee-Ball, Coach Pitch or Machine Pitch, Kids Pitch and Little League Baseball for ages five and up. Remember, the early birds get the worms. So please register early!! We plan on starting the season around **April 5**. Hopefully we'll be able to play two games a week for six weeks. For more information call Tyrone at 853-5437.

Sign up now for our Flag Football League! First practice is scheduled to begin on June 18. Games will be played every **Monday** through **Thursday** starting at 5:30p.m. depending on number of participants. The cost is \$35 for members and \$45 for non-members. For more information call 853-5437.

Softball meeting for Intramural and Co-ED coaches meeting, 2 p.m., April 21, Rio Grande Community Center. Topics of discussion are schedule, and by laws for both divisions.

APRIL SHOWERS SALE

KIRTLAND AFB NM SERVICES

Tijeras Arroyo Golf Course

April 1st - 30th

- * Umbrellas, Rain Suits
- * Selected Jackets
- * Wind Shirts

15% Off Regular Price